

# Take a Break from Alcohol

Every time you drink alcohol, you begin to build tolerance. The higher your tolerance the more difficult it is for your body to gauge what is normal. Decisions about your use of alcohol may need to be made whether it's to be healthier, improve relationships, financial issues, or due to legal pressures. Regardless of the reason, 30 days of abstinence may be the best way to start.

The following self-assessment questions can help you evaluate your alcohol use. Check yes or no to the ones that are true or have ever been true for you.

## Health

1. You have gained weight since drinking regularly.
2. You have memory loss or black outs.
3. You have passed out or overdosed on alcohol.
4. You get anxious and sometimes preoccupied about drinking.
5. You have hurt yourself physically when under the influence.
6. You have had suicidal thoughts since drinking.

Yes    No

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

## Relationship

1. Others have expressed concern about your alcohol use.
2. You have lied to others about how much you drink.
3. You isolate yourself more from others.
4. Trust with others has changed.
5. Others have avoided you since you started drinking more.
6. You have done things to others while drinking you regretted later.

Yes    No

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

## Financial

1. You are broke or avoid buying things to support your drinking.
2. Most of your money goes towards alcohol.
3. You owe or have stolen money from people to support your drinking.
4. You have gambled or done things you are ashamed of to get more money for alcohol.

Yes    No

_____	_____
_____	_____
_____	_____
_____	_____

## Legal

1. You have done risky things you could get arrested for while drinking.
2. You have gotten into a fight and been arrested while under the influence.
3. You have been fined by the courts for your alcohol use.
4. You have legal problems related to drinking.

Yes    No

_____	_____
_____	_____
_____	_____
_____	_____

If your self-assessment reveals harmful or negative complications from drinking, abstinence will lower your tolerance to ease moderation of use and give your body a break. It is recommended you consult with a physician about possible withdrawal symptoms to safely abstain. The calendar, "Alcohol Abstinence: Take a 30-Day Break", will provide daily self-help tips to support and encourage you during your journey.



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